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Text of the abstract

The invention relates to a method of preparing a fermented sponge gourd juice comprises fermenting a fermentation substrate at 30-37oC, pH 5-6 in the presence of a *Weissella cibaria* WC0630 for 20-24 hours, wherein the fermentation substrate comprises a sponge gourd juice. The *Weissella cibaria* WC0630 is deposited both at Bioresource Collection and Research Center of Taiwan with a deposit number BCRC 910767, and at China Center for Type Culture Collection of China with a deposit number of CCTCC M 2018088. The fermented sponge gourd juice is rich in peptides and total polysaccharides, which are beneficial to skin.